

Activities for Adults (18+ Years)

Registration begins February 17; classes begin March 16 unless noted otherwise within class descriptions.

No class March 31. To view a list of class location abbreviations, see page 2.

The activities and classes below are designed specifically for Adults (18+ Years). Additional offerings for adults may be viewed in the Adult (50+ Years) section.

Classes - Participants & Observation:

- Childcare is not offered.
- Observers and non-registered individuals, including children, are not permitted in classes or workshops.
- Closed-toe shoes are required for ceramics, pottery and jewelry classes.

Arts & Crafts

To view class materials lists, visit www.tempe.gov/classmaterials or visit the Edna Vihel Activities Center Front Office, 3340 S. Rural Road, Tempe. Students must bring all materials to the first class unless otherwise noted within class description.

Ceramics 2

Have you completed Ceramics Survey and want to advance your skills? Try your hand in throwing and hand-building as you explore surface decoration and slip techniques. Instructor will guide you through your selected projects. Fee: \$100. 480-350-5287

43762 18 yrs+ Th 3/26-5/14 6:30-9:30 p.m. VIH

Ceramics; Open Studio

Open Studio time is available free of charge to all students currently enrolled in and regularly-attending any adult ceramics class. Open Studio times and dates are Wednesdays, 12:15-3:15 p.m., from 4/1-5/13, and Saturdays, 1:30-4:30 p.m., from 4/4-5/16. 480-350-5287

Ceramics; Pottery Club

Do you want time to experiment and hone your skills? This leisurely morning of working in the studio offers students that opportunity. Potters of all skill levels can freely work on the wheel or hand-build; the choice is yours. Guidance and advice will be provided by instructor. Fee: \$100. 480-350-5287

43522 18 yrs+ W 3/25-5/13 9 a.m.-Noon VIH

Ceramics; Survey

See what keeps the local community of potters coming back every session as you learn age-old techniques of creating beautiful and functional pieces of art. Build a strong ceramics foundation with an introduction to hand-building, throwing, surface design, and glazing. This is your first step into a journey that may bring you a lifetime of joy. No class 3/31. Fee: \$100. 480-350-5287

43523 18 yrs+ T 3/24-5/19 6:30-9:30 p.m. VIH

Ceramics; Throwing Beginning/Intermediate

For students who have completed the Ceramics Survey class. Become one with the potter's wheel through a series of drills and projects. Learn glazing techniques to bring your pieces to life and make them uniquely yours. Fee: \$100. 480-350-5287

43524 18 yrs+ M 3/23-5/11 6:30-9:30 p.m. VIH

Ceramics; Throwing Intermediate/Advanced

For students who have completed the Ceramics; Throwing Beginning/Intermediate class. Advance your skills on the wheel while exploring the endless styles and shapes of sculptures that may be created using clay. Experiment with techniques like scraffito and impression work. Practice glazing and finishing methods to complete the process on your unique pieces. Fee: \$100. 480-350-5287

43525 18 yrs+ W 3/25-5/13 6:30-9:30 p.m. VIH

Collage and Mixed Media

Connect with your creative spirit while exploring art in its basic form. Using traditional and non-traditional materials, create wonderful mixed media works that are as unique as you. Learn a variety and techniques as you paint, distress, glue, and embellish. Explore how to add your own special treasures to materials provided in the classroom. No Class 3/31. Fee: \$50. 480-350-5287

43526 18 yrs+ T 3/24-5/19 6:30-9 p.m. VIH

Jewelry 1

Learn the use of tools, how to saw, file, and high-temperature silver solder with silver, copper, and brass. Create pierced sawing samples, band rings, and a bezel set stone pendant. Projects will implement various finishing techniques/surface treatments: polishing, rolling mill texture, and patinas. Supply costs vary; approximate cost \$100. Fee: \$80. 480-350-5287

43763 18 yrs+ M 3/23-5/11 6-8:30 p.m. PAC

Jewelry; Open Studio

For safety, only experienced jewelry students are eligible. Looking for a space to work on your own jewelry creations? Utilize the time in Open Studio to take your jewelry project from start-to-finish, or complete a project that's already in-progress. Instructor will provide guidance as needed, as well as demonstrate various jewelry techniques. Fee: \$80. 480-350-5287

43764 18 yrs+ Th 3/26-5/14 6-8:45 p.m. PAC

Jewelry Sampler

Learn basic skills for jewelry making and small metals through acid etching, lost-wax casting, and vitreous glass enameling. Students will experience various techniques; this fast-paced class is designed to demonstrate techniques and may not result in completely finished projects. Previous experience recommended. Approximate supply cost: \$100. No class 3/31. Fee: \$80. 480-350-5287

43527 18 yrs+ T 3/24-5/19 6-8:30 p.m. PAC

Mosaics and More

Fascinated by mosaic tile floors or ancient mosaic artworks? Let us show you how to work with ceramic tile, glass beads, and recycled materials to enhance projects like flower pots, tabletops, and more. Learn the fundamentals of tile placement and grouting. Instructor will cover required and optional supplies on first night of class. Fee: \$50. 480-350-5287

43528 18 yrs+ Th 3/26-5/14 6:30-9:30 p.m. VIH

Painting; Beginning

Your first brush stroke will immerse you into a world of art, created by you. This introductory class will teach you the basic techniques for painting in a variety of mediums including: Oil, Acrylic, and Watercolor. Students will learn how to make brush strokes, mix colors, and paint from photographs and still lifes. Fee: \$50. 480-350-5287

43765 18 yrs+ M 3/23-5/11 6:30-9:30 p.m. VIH

Activities for Adults (18+ Years)

Painting; Portraits

What subject could be more fascinating than the human face? Learn the skills to paint portraits full of expression and life. The class will cover paint application, mixing flesh tones, light, and shade, as well as achieving a likeness. Feel the thrill of watching your painting come to life as you explore the many techniques used to create compelling portraits. Fee: \$50. 480-350-5287

43529 18 yrs+ Sa 3/28-5/16 9:30-11:30 a.m. VIHEL

Boating

Float Test - Rowing Classes Only (NOT Kayak or SUP)

All Rowing participants must complete a 10-minute float test and watch a U.S. Rowing Safety Video. If you have Rowing experience but are new to the City of Tempe Rowing Program, you must fulfill this requirement. For additional information, please contact the Boating Office at 480-350-8069.

Adult Learn to Row

First-time rowers, this class will introduce the basics of rowing, safety and boat-handling. Proper rowing technique and initial fitness development are stressed. Participants must pass the 10-minute float test and have a basic level of fitness. The first class will consist of a float test and safety video presentation. Attendance at the first three classes is mandatory. 480-350-8069

43274 18 yrs+ T/Th 4/7-5/14 5:45-7:45 p.m. \$144 TTLM
43273 18 yrs+ Sa/Su 4/11-5/17 7-9 a.m. \$144 TTLM

Adult Open Rowing and Sculling

This session brings experienced rowers together and is designed with athletes in mind. Sweep-rowers and scullers may try either discipline; class utilizes cross-training, video analysis and flexibility, and focuses on a high-level of rowing. Sign up on Wednesdays for a land training opportunity! Prerequisite: Learn to Row or commensurate experience. 480-350-8069

43275 18 yrs+ T 3/31-5/19 5:45-7:45 p.m. \$72 TTLM

43310 18 yrs+ W 4/1-5/20 6-7 p.m. \$48 TTLM
43307 18 yrs+ Th 4/2-5/21 5:45-7:45 p.m. \$72 TTLM

43308 18 yrs+ Sa 4/11-5/16 7-9 a.m. \$54 TTLM
43309 18 yrs+ Su 4/5-5/17 7-9 a.m. \$63 TTLM

Adult Rowing Expo

Come down to Tempe Town Lake and try rowing for free! Rowing is a great full-body workout, perfect for someone looking to get into shape as well as the fitness enthusiast looking for a cross-training opportunity. No need to register, we will be meeting at the SRP Tempe Town Lake Marina located at 550 East Tempe Town Lake. 480-350-8069

NO CODE 18 yrs+ Sa 3/14 9:30-11 a.m. No Fee TTLM

Drop-in Erg Fitness

Looking for a great workout? Drop by the marina and try one of the best workouts around. No need to register, just bring cash or a check made out to the City of Tempe to the SRP Tempe Town Lake Marina at 550 E. Tempe Town Lake. Workouts will be tailored to the individual. No experience necessary. Fee: Pay as you go \$10 per class. 480-350-8069

NO CODE 18 yrs+ W 4/1-5/20 6-7 p.m. TTLM

Tempe Town Lake Rowing League

Is your company or group looking for a team experience and an opportunity to enjoy competition? Then Tempe Town Lake Rowing League is perfect! Teams must consist of 10 to 20 participants. You will have a choice of Monday/Wednesday or Tuesday/Thursday evening practice sessions leading to the Championship Regatta on 5/16. For more information, and to register, call the Boating Office. 480/350-8069

NO CODE 18 yrs+ M/W 4/1-5/16 5:45-7:45 p.m. TTLM
NO CODE 18 yrs+ T/Th 4/2-5/16 5:45-7:45 p.m. TTLM

Tempe Town Lake Rowing Club

Designed for advanced rowers to use equipment during non-program hours. Once joining the club, participants may check-out equipment during club times and train. Prerequisites: Coordinator permission and a successful re-entry test. Club Fee: \$60/year and \$20/month to be an active member. To register, contact the Boating Office at 480-350-8069.

NO CODE 18 yrs+ T/W/Th/F 4/1 5:30-7 a.m. TTLM

Adult Paddling Classes

Glow Paddle

The wildest and brightest Glow Paddle on Tempe Town Lake! Join us for a night under the stars while we glow and glide across the water. In addition to all necessary kayaking equipment, participants will receive glow in the dark accessories. Feel free to wear glow in the dark clothing items that you don't mind getting wet. Adult Fee: \$30; Youth ages 10-17 Fee: \$15. 480-350-8069

43282 10 yrs+ F 4/17 7:30-9:30 p.m. TTLM
43283 10 yrs+ F 5/8 7:30-9:30 p.m. TTLM
43284 10 yrs+ F 5/15 7:30-9:30 p.m. TTLM

Kayak Fitness

This is a perfect class for beginner to intermediate paddlers. Geared toward on-the-water fitness and games with a focus on basic strokes and maneuvers, this class is the perfect mix of on-the-water fun and fitness! Kayak, personal floatation device and paddle are provided. Fee: \$70. 480-350-8069

43299 18 yrs+ Sa 4/11-5/2 9-11 a.m. TTLM
43330 18 yrs+ T 4/28-5/19 5:45-7:45 p.m. TTLM
43323 18 yrs+ Sa/Su 5/9-5/17 8-10 a.m. TTLM

Essentials of Kayak Touring

Developed by ACA certified kayak instructors, this class is appropriate for all experience levels. Taught in touring boats (sea kayaks), focusing on advanced stroke techniques and maneuvers, kayak fitness and rescues, this class will challenge you to learn and refine your skills in a fun environment. Kayak, personal floatation device and paddle are provided. Fee \$80. 480-350-8069

43277 18 yrs+ Sa 4/11-5/2 6:30-8:30 a.m. TTLM
43311 18 yrs+ Su 4/12-5/3 6:30-8:30 a.m. TTLM
43278 18 yrs+ Th 4/30-5/21 5:45-7:45 p.m. TTLM

Kayak Half-Day Trip to Saguaro Lake

Apply what you learned from Essentials of Kayak Touring in this half-day trip to Saguaro Lake. Note: You may register for this class prior to finishing the Essentials of Kayak Touring class, but coach approval will be required. Transportation and all necessary boating equipment is provided. Fee: \$50. 480-350-8069

43281 18 yrs+ Sa 5/9 8:30-10 a.m. TTLM
Sa 5/16 6 a.m.-1 p.m. TTLM

Summer Brochure Available April 16

Activities for Adults (18+ Years)

Moonlight Kayak

Spend an enjoyable evening on Tempe Town Lake while paddling in the moonlight. No experience necessary. Bring clothes you don't mind getting wet, a towel, dry clothes and prepare to howl at the moon! All necessary equipment will be provided. Must be 18 years or older to participate. Fee: \$30.

480-350-8069

43300	18 yrs+	F	4/3	7:30-9:30 p.m.	TTLM
43301	18 yrs+	F	5/1	7:30-9:30 p.m.	TTLM

Introduction to Stand up Paddling

Join the fastest-growing watersport in the country. No experience is necessary; this class will teach you the basics of Stand-Up Paddling. All necessary equipment is provided. Fee: \$27. 480-350-8069

43285	18 yrs+	T	4/7	5:45-7:15 p.m.	TTLM
43286	18 yrs+	Sa	4/11	7:30-9 a.m.	TTLM
43287	18 yrs+	T	4/14	5:45-7:15 p.m.	TTLM
43289	18 yrs+	Sa	4/18	7:30-9 a.m.	TTLM

43288	18 yrs+	T	4/21	5:45-7:15 p.m.	TTLM
43290	18 yrs+	T	4/28	5:45-7:15 p.m.	TTLM
43296	18 yrs+	Sa	5/2	7:30-9 a.m.	TTLM
43291	18 yrs+	T	5/5	5:45-7:15 p.m.	TTLM

43292	18 yrs+	Sa	5/9	7:30-9 a.m.	TTLM
43293	18 yrs+	T	5/12	5:45-7:15 p.m.	TTLM
43294	18 yrs+	Sa	5/16	7:30-9 a.m.	TTLM
43295	18 yrs+	T	5/19	5:45-7:15 p.m.	TTLM

SUP (Stand-Up Paddling) Fitness

Once you have learned the basics of SUP, stay in shape by taking SUP Fitness. This class will focus on fitness and advanced paddling technique. Prerequisites: Intro to Stand-Up Paddling or commensurate experience. Fee: \$60.

480-350-8069

43302	18 yrs+	Su	4/12-5/3	7-8:30 a.m.	TTLM
43303	18 yrs+	W	4/1-4/22	5:45-7:15 p.m.	TTLM
43304	18 yrs+	W	4/29-5/20	5:45-7:15 p.m.	TTLM



Stand-Up Paddling; Yoga

Students will enjoy paddling on the lake, then anchoring boards and setting yoga breathing to begin. S.U.P. yoga will feature seated and standing yoga postures, including sun salutations, lunges and downward-facing dog. We will take a few quiet meditation moments before paddling back. Please visit www.tempe.gov/boating for a schedule of classes. Prerequisite: Intro SUP or commensurate experience. Fee: \$35. 480-350-8069

Books & Reading

Author Visits

Stay tuned for Author Visits—visit our library events website: www.tempe.gov/library

Bestselling Author J. A. Jance

New York Times bestselling author J.A. Jance's fan-favorite heroine Ali Reynolds returns in *Cold Betrayal* (March 2015). Jance, a talented storyteller in life as well as in print, discusses her life and times as a writer who has now become the author of more than fifty books, many of them on the NY Times top ten bestseller's list. No registration required. Fee: None.

NO CODE 18 yrs+ W 3/11 Noon-2 p.m. LMRA

Book Signing - Author Randy Lindsay

Author Randy Lindsay, will be doing a signing of his new book at the Tempe Public Library. Lindsay, an Arizona native, has a hyper-active imagination and a preoccupation with "what if?" which has led him to write speculative fiction. Although *The Gathering* is his first novel, Randy has had short stories published in *Penumra* e-zine and several anthologies during 2013. No registration required. Fee: None.

NO CODE 18 yrs+ Sa 4/25 1-3 p.m. Library Main Level

Check Out A Book

Seniors, adults and children can visit the Tempe Public Library's Resource Room at the Escalante or North Tempe Community Centers to check out books from the new and always changing book collection. Book collections are also available in the senior centers at each center. Fee: None. 480-350-5802

NO CODE	18 yrs+	M-F	11 a.m.-8 p.m.	ESCA
NO CODE	18 yrs+	M-F	11 a.m.-9 p.m.	NCC
NO CODE	50 yrs+	M-F	10 a.m.-3 p.m.	WC



Coffee, Tea and Books

Come and discuss recent novels or the occasional nonfiction title. Refreshments available. Participants provide their own copy of the book. Responsibility for leading the discussion rotates among group members. Third Monday of the month from 6:30-8 pm in the Connections Café. No registration required. Fee: None.

3/16	The Light Between Oceans	M.L. Stedman
4/20	The Aviator's Wife	Melanie Benjamin
5/18	Delicious!	Ruth Reichl

Activities for Adults (18+ Years)

Family History Series

Duane Roen has been tracing his roots since his teenage years. He spends most of his waking hours serving as Assistant Vice Provost for University Academic Success Programs for Arizona State University. He also serves as Interim Dean of University College and Interim Director of the School of Letters and Sciences. No registration required. Fee: None.

Publishing Your Family History

NO CODE	18 yrs+	W	3/4	6:30-8 p.m.	LSR8
NO CODE	18 yrs+	Sa	3/14	10:30 a.m.-Noon	LSR8

Using Cemetery Records for Family History Research

NO CODE	18 yrs+	Sa	4/11	10:30 a.m.-Noon	LSR8
NO CODE	18 yrs+	W	4/15	6:30-8 p.m.	LSR8

Great Books Discussion Group

The Great Books Foundation promotes reading, thinking, and the sharing of ideas. Volunteers Kathy and Don Dietz will lead discussions on the second and fourth Wednesday evenings of each month from 6-8 p.m. in the Connections Café Program Room. Participants provide their own copies of the works to be discussed. No registration required. Fee: None.

3/11	No Subject Carolina	De Robertis
3/25	The Science of Flight	Yiyun Li
4/8	Hot Air Balloons	Edwidge Danticat
4/22	Home Safe	Emma Ruby-Sachs
5/13	I Lock My Door Upon Myself	Joyce Carol Oates
5/27	SJU-AT-DTW	Lawrence La Fountain-Stokes

Mystery Club

Are you an avid mystery reader? If so, you are invited to meet with other fans once a month to discuss favorite mystery books or authors. Participants are required to provide their own copies of the books to be discussed. Responsibility for leading the discussion rotates around the group. First Saturday of the month from 10 a.m.-Noon in the Connections Café. Registration is not required. Fee: None.

3/7	Bruno, Chief of Police	Martin Walker
4/4	Gone Girl	Gillian Flynn
5/2	Any of the "Cheese Shop" books	Avery Aames

National Poetry Month

Celebrate National Poetry Month and National Library Week. Come listen to several local poets read their poetry. No registration required. Fee: None.

NO CODE	18 yrs+	W	4/15	6:30-8 p.m.	LCC
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Page to Screen

Come enjoy these classic films that have been adapted from books for the big screen. No registration required. Fee: None.

Oliver Twist (Not Rated)

NO CODE	18 yrs+	Su	4/19	1-3 p.m.	LMRA
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Chitty Chitty Bang Bang (Rated G)

NO CODE	18 yrs+	Su	5/31	1-3 p.m.	LMRA
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Tempe Community Writing Contest Reception

Join us in congratulating the Writing Contest winners and hear them read from their winning entries. Also, meet the judges and enjoy light refreshments. No registration required. Fee: None.

NO CODE	18 yrs+	W	4/1	6:30-7:30 p.m.	LCC
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Visit

www.Tempe.gov/FamilyActivities
for upcoming Tempe events!

Tempe Public Library Outreach Resources Center

Take advantage of the many free enriching library programs and services offered at the Outreach Resource Centers located at Escalante and North Tempe Community Centers. Check-out books from the new and always changing book collections and use the computers loaded with the same programs offered at the Tempe Public Library. Visit www.tempe.gov/libraryoutreach.

Escalante Hours:

M-F, 11-8 p.m.; Sa, 10 a.m.-5 p.m.; Su, 1-6 p.m.

North Tempe Hours:

M-Th, 11-9 p.m.; F, 11 a.m.-8 p.m.; Sa, 10 a.m.-5p.m.

Times are subject to change.

Writers Connection

This informal writers group is free and open to anyone interested in the writing process. The goal of the group is to share ideas and resources. All writers and aspiring writers are welcome. Group meets four times a month in Meeting Room B. No registration required. Fee: None.

NO CODE	18 yrs+	T	3/10	6-8 p.m.	LMRB
NO CODE	18 yrs+	F	3/13	2-4 p.m.	LMRB
NO CODE	18 yrs+	T	3/24	6-8 p.m.	LMRB
NO CODE	18 yrs+	F	3/27	2-4 p.m.	LMRB
NO CODE	18 yrs+	F	4/10	2-4 p.m.	LMRB
NO CODE	18 yrs+	T	4/14	6-8 p.m.	LMRB
NO CODE	18 yrs+	F	4/24	2-4 p.m.	LMRB
NO CODE	18 yrs+	T	4/28	6-8 p.m.	LMRB
NO CODE	18 yrs+	F	5/8	2-4 p.m.	LMRB
NO CODE	18 yrs+	T	5/12	6-8 p.m.	LMRB
NO CODE	18 yrs+	F	5/22	2-4 p.m.	LMRB
NO CODE	18 yrs+	T	5/26	6-8 p.m.	LMRB



Get fit in Tempe!

We have five fitness centers to help you stay active. And we're flexible - you can purchase a monthly pass or pay as you go. Be sure to visit the fitness center nearest you.

Escalante Fitness Center **480-350-5800**

Kiwanis Fitness Center **480-350-5201**

North Tempe Fitness Center **480-858-6500**

Pyle Fitness Center **480-350-5211**

Westside Fitness Center **480-858-2400**

www.tempe.gov/fitness

Activities for Adults (18+ Years)

Writers on Writing Series

Whether fiction, nonfiction, or anything else, aspiring writers know there is a lot to learn about the writing process. Each month a different local author will give tips to becoming successful. No registration required. Fee: None. 480-350-5500

Dee Dees – Creating a Mini Life Book

NO CODE 18 yrs+ Sa 3/28 11 a.m.-12:30 p.m. LMRA

Ann Videan – Marketing your Book

NO CODE 18 yrs+ Sa 4/11 10:30 a.m.-12:30 p.m. LMRA

NO CODE 18 yrs+ Sa 4/25 11 a.m.-12:30 p.m. LMRA

Business, Computers & Finance

To view computer class offerings for Adults 50+ Years, see page 47.

*A working knowledge of computers, the keyboard and the mouse are required for following programs. For more information call Dolores Johnson at 480-350-5814.

Basic Internet Using Microsoft Office 2010

Learn basic information about the internet, how to use search engines to find the info you need, get photos from the web, look at maps/get directions, and check out all the exciting websites you hear about. This is a Level 2 computer class. Fee: None. 480-350-5814

43643 18 yrs+ T 3/17-4/7 10-11 a.m. ESCA

Basic Word Using Microsoft Office 2010

Learn how to create a letter, edit a document, and create lists, tables, labels and more using Microsoft Word. This is a Level 3 computer class. Fee: None. 480-350-5814

43644 18 yrs+ W 3/18-4/8 10-11 a.m. ESCA

Basic Excel using Microsoft Office 2010

Learn how to prepare, edit and sort simple lists, and save and create formulas in a spreadsheet using Microsoft Excel. This is a Level 4 computer class. Fee: None. 480-350-5800

43645 18 yrs+ Th 3/19-4/9 10-11 a.m. ESCA

Business and Financial Planning

Business and financial planning workshops are led by Jason Freiwald, Certified Financial Planner (CFP), Chartered Financial Consultant (ChFC) and Chartered Mutual Fund Counselor (CMFC). Workshops share fundamentals for savings and investing; hand-outs are included as part of the workshop fee.

Business and Finance; Comprehensive Financial Planning

Your financial future is at stake. Be prepared; review the basics of financial planning including budgeting, emergency reserves and education savings. Explore investment strategies such as mutual funds, 529 plans and annuities; discuss asset allocation while working with a financial advisor. Revisit retirement plans including 401(k)s, IRAs and Roth IRAs. Fee: \$15. 480-350-5200

42844 18 yrs+ Th 4/16 6:30-8:30 p.m. PAC

DISC Computer Classes

In collaboration with ASU's Department of Information Systems Club (DISC). These classes offer an introductory look at each topic. No registration required. Fee: None. 480-350-5500

Awesome Apps

NO CODE 18 yrs+ W 4/22 6:30-7:30 p.m. LCL

Buying a Computer

NO CODE 18 yrs+ W 4/8 6:30-7:30 p.m. LCL

Excel 2010 Basics

NO CODE 18 yrs+ Sa 3/28 10:30 a.m.-Noon LCL

NO CODE 18 yrs+ W 4/15 6:30-7:30 p.m. LCL

Excel 2010 Intermediate

NO CODE 18 yrs+ W 4/29 6:30-7:30 p.m. LCL

iPad/iPhone Basics

NO CODE 18 yrs+ W 3/4 6:30-7:30 p.m. LCL

NO CODE 18 yrs+ Sa 4/18 10:30 a.m.-Noon LCL

PowerPoint 2010 Basics

NO CODE 18 yrs+ W 3/18 6:30-7:30 p.m. LCL

PowerPoint 2010 Animation

NO CODE 18 yrs+ W 3/25 6:30-7:30 p.m. LCL

Windows 8 Overview

NO CODE 18 yrs+ W 4/1 6:30-7:30 p.m. LCL

Word 2010 Intermediate

NO CODE 18 yrs+ W 5/6 6:30-7:30 p.m. LCL

Tech Time Help

Need help downloading ebooks and accessing library resources? Trying to figure out a cell phone, e-reader, or tablet? Call to schedule your 30 min. individualized session with a librarian. Fee: None. 480-350-5521.

NO CODE 18 yrs+ M 4/6-5/18 3:30-5 p.m. LMRB



Tech Topics Series

Discussions, presentations, and hands-on computer sessions taught by librarians. No registration required. Fee: None. 480-350-5500

Internet Searching – How to Find Anything

NO CODE 18 yrs+ F 3/20 1-2:30 p.m. LCL

All About Apps

NO CODE 18 yrs+ F 4/17 1-2:30 p.m. LCL

Basic Computing

NO CODE 18 yrs+ F 5/15 1-2:30 p.m. LCL

Dance, Music & Theater



Belly Dance

Learn basic movements as you develop slow and fast routines, including floor and veil work as well as playing finger cymbals. Immerse yourself in enchanting, exotic music as you explore this art form that not only makes you feel good but look good as well. It's an excellent aerobic and anaerobic workout that will help you tone your body and build strength. Fee: \$35. 480-350-5287

43843 18 yrs+ W 3/25-4/29 7:40-8:55 p.m. VIHEL

Dance Sampler

Want to hit the dance floor and try a variety of dance styles? This is your opportunity to do just that. This class will let you sample different dance styles and see what best suits you. Learn the basics of salsa, two-step, cha-cha line dance, swing and even repeat the ones you like most. It is highly recommended that you register with a partner. Fee: \$35. 480-350-5287

43766 18 yrs+ M 3/23-5/11 7:45-9 p.m. VIHEL

Latin Line Dance

Want to learn Latin Dance, but don't have a partner? This class is custom-made just for you! Learn Latin dances such as Salsa, Cha Cha, Paso Doble and Mambo. TJ will lead you through all of the movements and footwork; incorporate what you learn into great routines. Fee: \$35. 480-350-5287

43530 18 yrs+ W 3/25-5/13 6:30-7:30 p.m. VIHEL

Line Dance; Advanced

Know your way around the dance floor and want to show-off? This challenging class is for you. Competition-level instruction will be offered in this fast-paced, high-intensity class. Dazzle everyone with the latest and greatest routines.

No class 3/31. Fee: \$35. 480-350-5287

43531 18 yrs+ T 3/24-5/19 8:30-9:15 p.m. VIHEL

Line Dance; Beginning/Intermediate

Studies show that Line Dancing helps increase memory and balance, as well as improve your cardiovascular endurance. This class starts you out on the right foot as you learn basic steps, form, techniques and terminology. You won't need a partner, but invite your friends to join in as you "step-out" for some toe-tapping fun. No class 3/31. Fee: \$35. 480-350-5287

43532 18 yrs+ T 3/24-5/19 6:30-7:30 p.m. VIHEL

Line Dance; Intermediate/Advanced

Take the next step as you join other dancers and learn more patterns and advanced dance steps to fun and funky music. This ain't your grandma's Line Dance class; we play it all from Country to Blues, with a little Top 40 thrown in for good measure. No class 3/31. Fee: \$35. 480-350-5287

43533 18 yrs+ T 3/24-5/19 7:30-8:30 p.m. VIHEL

Social Dance

This class will help you look great on the dance floor at your local nightclub, honky tonk or bar. Learn the basics of social dance that can be used in country, Latin, hustle, disco and ballroom styles. Enjoy hitting the dance floor and having fun; no lectures here. Fee: \$35. 480-350-5287

43534 18 yrs+ Th 3/26-5/14 6:30-7:30 p.m. VIHEL

Health & Fitness

Cardio; Strength and Step

Join us for a mixture of step aerobics and strength training using bodyweight exercises, dumbbells and other equipment. You'll challenge both your mind and body as you burn calories in this moderate to high intensity workout.

Modifications will be made for those with limited or no step experience. Step interval training is a step in the right direction. Fee: \$39. 480-350-5200

42124 16 yrs+ T 4/7-5/26 6:30-7:30 p.m. PAC

Exercise; 20/20/20 Fitness Express – burn 400 kcal!

Complete an overall body "Core" training workout which targets the three major components of fitness: 20 minutes of cardio, 20 minutes of strength training followed by 20 minutes of flexibility/stretching. Class taught by a certified fitness trainer. All fitness levels welcome. 480-350-5200

42113 16 yrs+ M 4/6-5/18 7-7:50 p.m. Joan \$35 PAC

42114 16 yrs+ W 4/1-5/27 6-6:50 p.m. Donna \$44 PAC

Exercise; Booty Barre – burn 300 kcal!

An energetic workout that fuses fitness techniques from Pilates, dance, calisthenics and Yoga that will tone, define and chisel the whole body without adding bulk. Class promises to lift a sagging butt, eliminate cellulite and flatten your belly. The result is a body that looks and moves 10 years younger. Suitable for all fitness levels. Fee: \$45. 480-350-5200

42220 16 yrs+ M 4/13-5/18 5:30-6:30 p.m. PSF

Exercise; Booty Barre Flex and Flow – burn 300 kcal!

The hottest new Barre class founded by celebrity trainer Tracy Mallet. It fuses Ballet, Pilates and Yoga for deep muscle toning and strength exercises using a 9 foot long elastic band. Firm, sculpt and tone your entire body without adding bulk. Create balance, flexibility and endurance. Suitable for all fitness levels. Fee: \$45. 480-350-5200

42222 16 yrs+ Th 4/16-5/21 5:30-6:30 p.m. PSF

Exercise; Family Yogis at Play

Please see page 14 for complete description and class times.

Exercise; Group Personal Fitness Training – burn 400 kcal!

Learn correct fitness techniques in order to achieve the maximum benefit from your workouts. Explore a wide variety of exercises utilizing resistance bands, dumbbells, exercise balls and hand-held equipment. Certified personal trainer will give students individual attention to make sure that they are reaching their workout goals. Fee: \$39. 480-350-5200

42174 16 yrs+ Th 4/2-5/21 9-10 a.m. KRC

Exercise; Learn to Run: 5K to Marathon

5K training is a fun way to start running, lose weight and improve health. Program is designed to help beginning & experienced runners improve form, speed, endurance and flexibility. No prior running exp. necessary. Workouts include intervals, tempo or steady-state runs, hill repeats & leg strength days. Class taught by competitive running & ironman coach. Fee: \$59. 480-350-5200

42479 14 yrs+ W/Sa 4/1-5/23 6-7 p.m./6-7 a.m. CDS/TTLM

For upcoming events in Tempe, visit: www.Tempe.gov/FamilyActivities

Activities for Adults (18+ Years)

Exercise; Preserve the Curve

Core and strength exercises focus on "preserving the curve" in your spine through strength, endurance, and flexibility routines. It is great for anyone who has tightness in the hips, shoulders, lower back & legs. Stretches will help increase circulation & flexibility. Therabands, foam rollers, Pilates circles & light weights-are used. Instructor: Sara. Fee: \$45. 480-350-5200

42137 16 yrs+ Th 4/2-5/28 5:15-6:15 p.m. PAC

Functional Fitness Bootcamp

Class will incorporate conditioning, endurance, strength, coordination, balance, agility, and flexibility. Results will be earned, not guaranteed. Fee: \$8. 480-350-5800

43659 18 yrs+ T/Th 3/24-4/16 6:30-7:30 p.m. ESCA

43660 18 yrs+ T/Th 4/28-5/21 6:30-7:30 p.m. ESCA

Health; Pfilates – Pelvic Floor Pilates

Learn the 10 simple movements developed by Dr. Bruce Crawford to strengthen all of the muscles of the pelvic floor in order to eliminate urinary incontinence and pelvic organ prolapse. Put an end to embarrassing and difficult situations. Instructor certified; confidential environment. Fee: \$35. 480-350-5200

42224 16 yrs+ W 4/15-5/20 5:15-5:45 p.m. PSF

Healthy Living Festival

Join the Tempe Public Library as we promote healthy living and total wellness! This expo will be a multifaceted event, featuring nutrition information, product demonstrations, informative health care service booths, special activities and an opportunity to meet with select physicians and health care providers. This event is for all ages. No registration required. Fee: None. 480-350-5500

NO CODE 18 yrs+ Sa 3/21 10 a.m.-1 p.m. LMRA



Want to Volunteer? Visit:
www.tempe.gov/volunteer
or call 480-350-5190

Holistic Health and Wellness Workshops

Holistic wellness is a comprehensive approach to nutrition and health that considers all aspects of a person's life. Whether you are looking for ultimate relaxation or a healthier you, Holistic Health and Wellness Workshops are led by certified health coaches to address a wide-array of subjects. Join coaches Parul Agrawal, Marci Cagen and Veronica Clark as they lead you on your journey towards holistic health and wellness. 480-350-5200

Clean Eating for Families

Decipher complicated food labels and identify good and bad fats. Shop for affordable, quality foods and healthy substitutions. Avoid nutrition-related diseases by making clean eating a fun and easy activity. Includes take-home notes, recipes and a snack to enjoy during class. www.prenatalnourish.com. A \$3 materials fee is due to the instructor at the start of workshop. Fee: \$10.

43809 All Ages Sa 4/18 1-3 p.m. PAC

Juicing for Health

Live well with juicing, an easy grab-and-go option. With hands-on activities, choose, clean and prep fruits and veggies for optimal nutrition. Take-away knowledge and the confidence to try juicing at home. Includes take-home notes, recipes and juice to enjoy during class. www.prenatalnourish.com. A \$3 materials fee is due to the instructor at the start of workshop. Fee: \$10.

43810 All Ages Sa 5/16 1-3 p.m. PAC

Relax and Renew: Meditation with Aromatherapy

Release stress, nurture the spirit and renew your understanding of self-care. Enjoy aromatherapy blends; calm the body and mind while allowing the nervous system to balance, refresh and revive. Receive a guided meditation to lift worry and fear. Dress comfortably. Bring a blanket or yoga mat; \$5 supply fee is due to the instructor at the start of class. www.marcicagen.com. Fee: \$10.

43795 18 yrs+ M 4/6 6-7:30 p.m. PAC

Managing Stress through Mindfulness and Meditation

Learn powerful Meditation and Restorative Yoga techniques as a way to manage daily life stressors, pain and mild depression. Combat the negative effects that stress has on you physically, emotionally, mentally and spiritually by applying fun and insightful mindfulness activities. Offer stress-saving techniques to family and friends! www.healthynutaz.com. Fee: \$35.

43792 18 yrs+ W 4/8-4/29 6-8 p.m. WCC

Therapeutic Journaling

Therapeutic Journaling focuses on a writer's internal thoughts, feelings and experiences. Explore the possibilities of creativity, balance, harmony and healing through the process of automatic writing. Bring a pen and journal to class. www.marcicagen.com. Fee: \$10.

43796 18 yrs+ M 4/20 6-7:30 p.m. PAC

Essentials for Emotional Health

Create and maintain emotional balance with essential oils. Learn causes of disease and conditions, and how they relate to emotional patterns. Use oil to ease stress, anxiety and depression; restore balance to the mind, body and spirit. Includes hands-on use of oils and application techniques. \$5 supply fee is due to the instructor at the start of class. www.marcicagen.com. Fee: \$10.

43797 18 yrs+ M 5/4 6-7:30 p.m. PAC



The Holistic Approach to Financial Fitness

Learn how to manage your finances, create a budget, establish a savings plan and eliminate debt in a way that aligns with your core values. This dynamic class will combine the integral aspects of personal finance with Eastern philosophy for a holistic approach to becoming financially fit! Basic banking skills and credit repair will also be discussed. www.healthynutaz.com. Fee: \$35.

43794	18 yrs+	W	5/6-5/27	6-8 p.m.	WCC
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Massage for Babies

Master the techniques of infant massage. Soothe and comfort your baby while increasing the bond between baby and caregiver. Incorporate this wonderful healing art into your baby's life; class is for parents/caregivers of infants, newborn to six-months-old. Includes massage demonstration and practice. Dress comfortably; bring a blanket and extra diaper. www.marcicagen.com. Fee: \$10.

43798	18 yrs+	M	5/18	6-7:30 p.m.	PAC
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Introduction to Personal Fitness

Create a personalized fitness plan at the Kiwanis Fitness Center! Enjoy six sessions with a certified fitness professional in a small group setting. Receive hands on instruction to help you properly utilize each piece of equipment for maximum mileage toward your goals. Fee: \$34. 480-350-5201

43749	16 yrs+	Th	3/26-4/30	6:30-7:30 p.m.	KRC
43748	16 yrs+	T/Th	4/7-4/23	9-10 a.m.	KRC

Martial Arts; Aikido

Aikido is a defensive martial art based on blending-in with energy and moving from your center. Aikido helps develop discipline and self-control, while teaching valuable self-defense skills. In addition, learn the basics of tumbling, escapes, and various techniques with a focus on awareness and self-defense. *No class 5/23. Fee: Youth/\$25; Adult/\$35. 480-350-5200

42073	7 yrs+	Sa	4/11-4/25	9-11 a.m.	VIHEL
42074	7 yrs+	Sa	5/2-5/30*	9-11 a.m.	VIHEL

Martial Arts; Goju Shorei Self Defense with Cane

Learn how to use a wooden cane as a legal and practical self-defense weapon. Students will learn basic strikes, blocks and footwork. Prior martial art experience is recommended but not mandatory. Students required to purchase a cane (\$35) and wear uniform (\$20); both available for purchase from instructor. No class 5/23. Fee: \$40. 480-350-5200

42059	16 yrs+	Sa	4/4-5/30	9:20-10:20 a.m.	CRC
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Martial Arts; Jujutsu

Learn traditional self-defense techniques such as joint locks, throws, chokes, strikes, blocks, ground fighting, pins and pressure point attacks as practiced by the Doshin (Samurai policeman). Ongoing classes taught by licensed instructors of the Otake Han Doshin Ryu system of Jujutsu. All levels welcome; no prior martial arts training required. Fee: \$50. 480-350-5200

42049	16 yrs+	T/Th	4/7-4/30	7:45-9 p.m.	CRC
42050	16 yrs+	T/Th	5/5-5/28	7:45-9 p.m.	CRC

Martial Arts; Karate

Join this Kenpo Karate martial arts class for beginning and intermediate students. Classes begin with a light warm-up and stretch, followed by basic kick-punch-block drills. Self-defense techniques are taught, as well as forms (katas) and light sparring (optional). Comfortable clothing is recommended. Instructor: Aseem. *No class 5/23. 480-350-5200

42066	12 yrs+	Th	4/2-5/28	7:05-8:30 p.m.	\$45 NCC
42067	12 yrs+	Sa	4/4-5/30*	10:35 a.m.-Noon	\$40 CRC

Martial Arts; Karate Lim Kenpo

Strengthen the importance of family values in this results-oriented Karate class designed for the whole family. Students will learn self-defense, respect and manners; increased self-confidence and focus. Ongoing, monthly program. Uniform fee \$50 (includes Lim's 3 patches). For more info; contact Patrice Lim at 602-525-8472, or at www.limkenpo.net. *No class 5/21. 480-350-5200

42022	13 yrs+	T/Th	4/7-4/30	6-7:30 p.m.	\$50 KRC
42023	13 yrs+	T/Th	5/5-5/28*	6-7:30 p.m.	\$50 KRC
42025	13 yrs+	W/F	4/1-4/29	6:30-7:30 p.m.	\$50 CRC
42026	13 yrs+	W/F	5/1-5/29	6:30-7:30 p.m.	\$50 CRC

Martial Arts; Tai Chi – Beginning & Level 1 Levels

Tai Chi has been likened to moving meditation. Experience relaxation and rejuvenation as you exercise in slow, gentle movements. This introductory class in the Guang Ping Yang style of Tai Chi will help you gain balance and flexibility, while improving breathing and posture. No class 5/23. Fee: \$37. 480-350-5200

42053	16 yrs+	Sa	4/4-5/30	8:45-9:45 a.m.	CRC
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Martial Arts; Wing Chun Self-Defense

Learn the ancient Chinese martial art of Wing Chun that emphasizes the principals of physics and natural body mechanics to defend against close-range attacks by larger or stronger opponents. Students will learn Chi-Sau to develop power, positioning, and hand techniques to defeat attackers using their size and strength. Instructor: Norm. Fee: \$39. No class 4/5, 5/3, 5/24. 480-350-5200

42063	16 yrs+	Su	3/22-5/31	9-10:30 a.m.	CRC
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Mind & Body; Candlelight Meditation

Allow yourself to go on a relaxing journey and quiet the mind as you experience different forms of meditation in a safe and welcoming environment. Class is done to relaxing and meditative music by candlelight; be prepared to unwind. Participants must bring own mat. Instructor: Tammy. Fee: \$35. 480-350-5200

42109	16 yrs+	M	4/6-5/18	8-8:45 p.m.	PAC
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Pilates: Intro

Pilates is a system of controlled exercises that engage the mind and condition the total body. Start with the fundamentals of the mat work and learn the basic series of exercises upon which the entire Pilates method is built. Learn proper posture, breathing and technique. Fee: \$45. 480-350-5200.

42149	16 yrs+	M	3/23-5/18	5:30-6:30 p.m.	KRC
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Pilates; Sampler

Learn how to do a full body workout which conditions from the inside out to produce a toned, lean physique with proper alignment and balance. Strengthen your core, arms, legs with exercises that combine mat work, reformer, tower, chair, Arc Barrel, Magic Circle and Pilates ball. No experience necessary. Location: Weon Keyong Health Ctr., 1830 Warner Rd. Ste 101. Fee: \$64. 480-350-5200

42233	16 yrs+	M/W	4/6-4/29	5:30-6:15 p.m.	WEK
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Pilates & Stretch

Join us for this multi-level class that combines Pilates exercises with effective stretching techniques to increase strength and flexibility for your entire body. Major areas of focus are the core, stability work, coordination, breathing and relaxation. No prior Pilates experience necessary; open to all levels. Instructor: Pippa. Fee: \$51. 480-350-5200

42153	16 yrs+	M	3/23-5/18	6:30-7:30 p.m.	KRC
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Activities for Adults (18+ Years)

Yoga; Healthy Backs

Healthy Backs Yoga is a therapeutic class designed for participants with chronic neck and back pain. Focus on balancing strength and flexibility in the upper back, shoulder blades, neck and lower back. Practice is slow, gentle and suited for all skill levels. No yoga experience necessary. Participants must bring yoga mat. *No class 5/23. 480-350-5200

42129	16 yrs+	Sa	4/4-5/30*	9-10:30 a.m.	Kate	\$44	KRC
42130	16 yrs+	W	4/1-5/27	7:05-8:05 p.m.	Tammy	\$45	PAC

Yoga; Introduction

Designed specifically for those who are new to yoga or are interested in learning the fundamentals and philosophy of a yoga practice. Focus will be on integrating the breath with body movement and maintaining proper physical alignment. You will leave class feeling stretched, open and rejuvenated. Participants must bring yoga mat. *No class 5/20. 480-350-5200

42122	16 yrs+	T	4/7-5/26	5-6:15 p.m.	Tammy	\$39	PAC
42119	16 yrs+	W	4/1-5/27*	6-7 p.m.	Diane	\$40	KRC

Yoga; Introduction to Yoga Meditation

Perfect place to enter into the yoga practice and learn a range of meditations along with Hatha yoga's basic poses, breathing and relaxation techniques. Enjoy this sampling of meditation techniques as you are guided to the blissful silence behind your thoughts and experience deep relaxation. Participants must bring yoga mat. No class 4/8. Fee: \$45. 480-350-5200

42140	16 yrs+	W	4/1-5/27	5:30-6:45 p.m.			PAC
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Yoga; Level 1 & 2

Prerequisite: Intro to Yoga recommended, but not required. Elevate your body and mind connection as you refine and build-upon the basic postures from Hatha Yoga. This class will assist you with learning the skills you need to take your yoga practice to a deeper level. Participants must bring yoga mat. *No class 5/20. 480-350-5200

42166	16 yrs+	T	4/7-5/26	7:30-8:45 p.m.	Caroline	\$43	MUS
42167	16 yrs+	W	4/1-5/27*	7:15-8:15 p.m.	Diane	\$39	KRC

Yoga; Level 2

A more challenging and vigorously-led class which will focus equally on strength and functional mobility by incorporating a variety of traditional yoga poses. Less basic instruction will be given, and the teacher will assume students have a certain amount of familiarity with a yoga practice. Participants must bring yoga mat. Instructor: Caroline. Fee: \$43. 480-350-5200

42179	16 yrs+	M	4/6-5/25	6-7:30 p.m.			MUS
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Yoga Nidra

Yoga Nidra is a powerful systematic method of inducing complete physical, mental and emotional relaxation. Practice consists of breathing exercises and guided meditation while reclining in a restorative position. Release 3 kinds of tension-muscular, emotional and mental. Experience deep meditative state said to be 5 times more restorative than sleep. Fee: \$45. 480-350-5200

42310	16 yrs+	Th	4/2-5/28	7:45-8:45 p.m.			PAC
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Yoga; Restorative

Restorative Yoga is a soothing, gentle class where both restorative and yin poses are utilized to remove deep-seated tension. Class culminates in the profound meditative experience of yoga nidra; a method of restful and effortless guided relaxation. Participants will leave class feeling calm and refreshed. Participants must bring Yoga mat. Instructor: Caroline. Fee: \$43. 480-350-5200

42184	16 yrs+	M	4/6-5/25	7:30-8:45 p.m.			MUS
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Yoga; Slow & Gentle Flow

This is perfect for beginners and those wanting a slow, meditative and gentle yoga class. Increase flexibility, joint mobility and agility. Incorporate breathing exercises along with visualization techniques for stress reduction. Poses are modified and may be done with props. Participants must bring yoga mat. *No class 5/23. 480-350-5200

42198	16 yrs+	Sa	4/4-5/30*	10:30-11:30 a.m.	Shaila	\$40	PAC
42147	16 yrs+	M	4/6-5/18	10:30 a.m.-Noon	Linda	\$36	KRC

Yoga; Therapeutic

Learn to move with grace and ease while using basic breathing exercises and simple yoga poses to help relax your head, neck, shoulders and back. This class will flow at a slower pace and students of all experiences and backgrounds are welcome to attend. Participants must bring own yoga mat. 480-350-5200

42103	16 yrs+	W	4/1-5/27	6:15-7:15 p.m.	Sara	\$45	NCC
42104	16 yrs+	M	4/6-5/18	4:45-5:50 p.m.	Sara	\$35	PAC

Yoga; Tone and Core

A perfect way to refine your body from the inside-out. Emphasis will be on strengthening the body from the deep center by using a variety of yoga postures as a guide. Target and challenge the muscles of the back, abdominals, hips and glutes. Participants must bring own yoga mat. Fee: \$43. 480-350-5200

42188	16 yrs+	T	4/7-5/26	6-7:30 p.m.	Caroline		MUS
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Yoga; Yin and Meditation

Yin Yoga is a soothing and relaxing form of yoga which allows participants to move deeply into various postures and hold the poses for a longer period of time. End with 20 minutes of seated meditation. Students will be coached on how to meditate properly and comfortably. Participants must bring yoga mat. Fee: \$39. 480-350-5200

42145	16 yrs+	F	4/10-5/29	5:45-7 p.m.	Tammy		KRC
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Yogilates

Yogilates combines Yoga and Pilates practices; offering the best of both worlds. Exercises will cultivate proper breath use, strength, stamina, stability and flexibility while also emphasizing the deep muscles of the core. No experience necessary. Class taught by certified Yoga/Pilates instructor. Bring own mat. Fee: \$35. 480-350-5200

42190	16 yrs+	M	4/6-5/18	6-7 p.m.			PAC
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Drop-In Fitness Classes

Are you too busy to make a four to 12-week fitness commitment? How about fitness when you want it? Introducing a convenient payment method: Pay-As-You-Go classes!

Now you have the choice to make a commitment to register for a full session of classes, or commit to participate only when you have the time. If you choose to Pay-As-You-Go, please arrive 10 minutes early to register for your class. You will need to show your receipt to the instructor in order to validate payment of class.

Exercise; Building Better Bones with Pippa Frame

Stop bone loss and restore bone mass. Pilates-based exercises to strengthen muscles, increase flexibility and improve balance. Focus on reversal of bone loss, injury prevention and functional fitness to help avoid falls, alleviate pain and maintain independence. Pay-As-You-Go for \$7 per class. Fee: \$51. 480-350-5200

42155	16 yrs+	W	3/25-5/20	9:30-10:30 a.m.			KRC
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Activities for Adults (18+ Years)

Exercise; Zumba Fitness Express – burn 300 kcal!

Zumba is a high-energy cardio workout that incorporates unique moves with sizzling Latin dance music. Zumba maximizes caloric output with fat-burning movements and easy-to-follow dance steps. Zumba is appropriate for all, and no experience is necessary. Pay-As-You-Go for \$4 per class. *No class 5/23.

480-350-5200

42096	16 yrs+	M	4/6-5/18	6-6:50 p.m.	\$26	PAC
42098	16 yrs+	Sa	4/4-5/30*	9:15-10:15 a.m.	\$30	PAC

Exercise; Zumba Gold® - dance the lbs. away with Akua!

Blast calories and burn fat. Perfect for those looking for modified Zumba format that recreates the original moves you love at a lower intensity. Easy-to-follow, fun choreography that focuses on balance, range of motion and coordination. Come ready to sweat; Akua promises to get your feet moving, your heart pumping and you on your way to dancing yourself thin. Fee: \$31. 480-350-5200

43083	16 yrs+	Th	4/2-5/21	6:30-7:30 p.m.		PAC
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Special Interest



Civil War: Sesquicentennial

This talk will cover the last year of the United States' Civil War and the duel between Generals Lee and Grant in the final campaign of the war. Political and social issues will also be addressed to provide a broader picture of this crucial year in American history. Presented by Rolf Brown. No registration required.

Fee: None. 480-350-5500

NO CODE	18 yrs+	Th	4/30	6:30-7:30 p.m.		MUS
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Is Fido bored?

Take him to a Tempe Dog Park.

Papago Park

Curry Rd. & College Ave.

Creamery Park

8th St. & Una Ave.

Jaycee Park

5th St. & Hardy Dr.

Mitchell Park

9th St. & Mitchell Dr.

Tempe Sports Complex

Carver Rd. & Hardy Dr.



Cooking Classes; Chef JoAnne Groot

Chef JoAnne Groot, a graduate of Scottsdale's LeCordon Bleu, operates her own catering business, JoAnne's Kitchen. For an enjoyable, relaxing evening, register for one or all of the classes below. Sample every dish; all recipes are included as part of the class fee. A \$3 supply fee is due to Chef JoAnne at the beginning of each class. Fee: \$25 per class.

480-350-5200

Cooking Demonstration; Spring Brunch

Spring is the perfect time to make a fancy and easy meal for your family and friends. Learn how to make Black Pepper Popovers filled with cheddar and herb scrambled eggs, Berries and Cream Crepes and Cinnamon Streusel Cider Muffins. The menu may sound complicated, but you'll be surprised by how simple these recipes are - all you need is a muffin tin and a skillet! Fee: \$25.

42159	15 yrs+	W	3/18	6-8 p.m.		CSC
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Cooking Demonstration; Grilling (Kabobs)

Who doesn't love food on a stick? Kabobs make for simple cooking and easy clean-up. Join us out on the patio for a great night of grilling under the stars! Grill menu includes Hoisin Chicken and Bok Choy Kabobs, Steak and Potato Kabobs and a Coconut and Lime Pork Kabob. Don't forget about dessert! Grill Brownie Kabobs, too! Fee: \$25.

42160	15 yrs+	W	4/1	6-8 p.m.		CSC
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Cooking Instruction; Tarts and Cheesecakes

In the mood for mouth-watering Tarts and Cheesecakes? Try a savory Tomato and Goat Cheese Tart, perfect when served as an appetizer or a main dish. Add an impressive, savory Sweet Basil Cheesecake! On a sweeter note, finish with a Fresh Fruit Tart with a creamy pudding filling. Participants must wear non-loose-fitting clothes and closed-toe shoes. Register early; space is limited! Fee: \$25.

42171	15 yrs+	W	4/15	6-8 p.m.		CSC
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Cooking Demonstration; Lunch At Your Desk

We all do it - but that doesn't mean it can't be close to fine dining! Don't just stock your desk with office supplies; let Chef JoAnne show you how to upgrade your work space and lunch routine. Lunch Bowls, Open Face Sandwiches and a Noodle Salad will be served, along with other great menu ideas. Be the envy of your office mates! Fee: \$25.

42175	15 yrs+	W	4/29	6-8 p.m.		CSC
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Cooking Demonstration; 'Chopped'

Are you ready to turn the ordinary into the delectable and extraordinary? Get creative! With a game of 'Chopped', find-out what can be done with your random fridge and pantry items. Fee: \$25.

42182	15 yrs+	W	5/13	6-8 p.m.		CSC
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Crochet; Crochet for Beginners

Learn the four basic crochet stitches, gauge/hook size, reading yarn labels, tension and how to read a pattern. Crochet a multi-textured scarf that you may show-off, or give as a gift. Class Supplies: Two skeins, four-ply worsted weight yarn (light in color), two crochet hooks (sizes H, I or J) and one pair of small scissors. No class 4/8. Fee: \$31. 480-350-5200

42823	14 yrs+	W	3/25-4/22	6-8 p.m.		PAC
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ESL Table Talk

Do you want to improve your English? Join our table talk group. We meet once a week to learn and improve our use of common vocabulary, phrasing as well as discuss American culture. Basic English reading, writing, and speaking skills are required. Fee: None. 480-350-5521

43775	18 yrs+	M	4/6-5/18	2-3 p.m.		LMRB
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Activities for Adults (18+ Years)



Gardening with Doreen Pollack

Master Gardener Doreen Pollack is a Permaculture Designer who specializes in educating fellow horticulturists on how to reduce the use and dependency of outside resources in landscape. Her low-water and low-human energy use designs are both creative and natural. Whether you are thinking about starting your first garden, or you've been

gardening for years, these classes are for you! Join Doreen for the interactive workshops below. 480-350-5200

Fruit Tree Care

Citrus is one of Arizona's 'Five Cs' (copper, cattle, cotton, citrus and climate). Learn how to properly care for your citrus trees, as well as for other fruit trees such as pomegranate, apple, peach and more. The Valley's temperate weather is ideal for many fruit trees; this class is an introduction to fruit tree fertilization, watering, sun protection and pruning. Fee: \$15.

43811 15 yrs+ W 4/15 6-7:30 p.m. PAC

Summer Landscapes

Prepare all parts of your landscape for Arizona's sizzling summer weather and unpredictable monsoon. Learn how to mulch your garden to keep soil cool and moist; make adjustments to your irrigation and watering schedule in anticipation of high-heat temperatures or heavy rains. Protect your desert plants and trees from sun and wind damage. Fee: \$15.

43812 15 yrs+ W 5/13 6-7:30 p.m. PAC

Mexican Civil War Presentation

During the First World War era, Mexico was subject to foreign interventions and wracked by a multisided civil war. This program will clarify a complicated and confusing period in Mexican history. No registration required. Fee: None.

NO CODE 18 yrs+ W 5/6 6:30-7:30 p.m. LMRA

Pets; Save-A-Pet

Taught by local veterinarians, this class covers areas such as first aid for pet injuries, poisoning and CPR. Pet care tips and health information are also included, as well as hands-on CPR training with the Resuscidog. An informative booklet will be included. Fee: \$15. 480-350-5266

42868 15 yrs+ T 4/7 6:30-8:30 p.m. UNIV

Photography; DSLR Basics

Review camera operation and settings, memory cards, care and cleaning. Learn about types of photography, shutter speed, exposure, composition, lighting, focal point and depth of field. Classes will conclude with a student photo-sharing opportunity; bring DSLR camera and manual to class. Taught by David Miller, professional photographer. Fee: \$45. 480-350-5200

42797 15 yrs+ Th 3/26-4/23 6-8 p.m. PAC



Playing it Safe, Water Safety

The Phoenix Children's Hospital and the Tempe Public Library are offering this program for parents and caregivers of children ages five and under. They will deliver expert advice in a brief, customized presentation about the latest research in water safety. Fee: None. 480-350-5500

43776 18 yrs+ M 5/18 2-3:30 p.m. LMRB

Sewing; 101 for Beginners

Learn to hand-sew and use your sewing machine. You will be introduced to three basic hand-sewing stitches and machine techniques while creating custom projects. Bring basic sewing supplies and a sewing machine. Taught by a professional seamstress and evening wear designer. Instructor: Kathleen. For a list of class materials, visit www.tempe.gov/classmaterials. Fee: \$45. 480-350-5200

42910 15 yrs+ M 4/13-5/11 6-8:30 p.m. PAC

42911 15 yrs+ W 4/15-5/13 9:30 a.m.-Noon CRC

Sewing; Alterations

Instruction includes tapering and hemming. Bring basic sewing supplies, sewing machine, and a pair of pants that fit in length to use as a baseline to hem your pants. Class is taught by a professional seamstress and evening wear designer. Instructor: Kathleen. For a list of class materials, visit www.tempe.gov/classmaterials. Fee: \$45. 480-350-5200

42915 15 yrs+ Sa 4/18-5/16 9:30 a.m.-Noon PAC

Sewing; Mommy and Me

Please see page 17 for a complete description.

Sewing; Open Studio

A self-paced class for those who are looking to complete an existing project or may need guidance beginning a new project. Studio class is open to all sewing students with a working knowledge of basic skills and techniques. An experienced instructor will be available to help with your projects; bring your patterns and materials to class. Instructor: Kathleen. Fee: \$39. 480-350-5200

42936 15 yrs+ Sa 5/23-5/30 Noon-3 p.m. PAC

Sewing; Sewing from a Pattern

Mastered the basics of Sewing? Enhance your skills; sew from a pattern. Sewing from a pattern will provide you with many options for creating garments, costumes, soft furnishings, toys and other items. Learn about sizing, alterations, seams, grain lines, button markings and more. Bring a pattern, tracing wheel and paper to class. Instructor: Kathleen. Fee: \$45. 480-350-5200

42913 15 yrs+ W 4/29-5/27 6-8:30 p.m. PAC

All Spanish students must bring the appropriate required book to the first class. To view a complete list of class materials, as well as a list of supply vendors, visit www.tempe.gov/classmaterials.

Spanish; Level 1

An interactive introduction to the Spanish language. Learn common phrases, vocabulary, present and future tenses. Develop listening and speaking abilities in Spanish while forming questions and improving pronunciation. Required Book: "Basic Spanish (Practice Makes Perfect Series)," by Dorothy Richmond. ISBN-13: 978-0071458054. Fee: \$45. 480-350-5200

42810 18 yrs+ T 4/7-5/26 5:15-6:45 p.m. PAC

Spanish; Level 2 Conversation

A continuation of Spanish; Level 1. Utilize the skills learned in Level 1 to practice in conversation. Learn how to form sentences and use sentences in a conversation. Required Book: "Spanish Verb Tenses, Second Edition (Practice Makes Perfect Series)," by Dorothy Richmond. ISBN-13: 978-0071639309. Fee: \$45. 480-350-5200

42811 18 yrs+ T 4/7-5/26 7-8:30 p.m. PAC

Spectacular Nature: The Natural World Illuminated

Presented by the LGF Foundation a Tempe based non-profit organization dedicated to the creation of a world class natural history museum in the Phoenix metropolitan area. On display will be some of the best and most stunning examples from around the world. This event is for all ages. No registration required. Fee: None. 480-350-5500

Minerals

NO CODE 18 yrs+ Sa 3/7 1-3 p.m. LMRA

Artifacts

NO CODE 18 yrs+ Sa 4/18 1-3 p.m. LMRA

Dinosaurs

NO CODE 18 yrs+ Su 5/3 2-4 p.m. LMRA



**809 E. Southern Avenue
480-350-5100**

THIRD THURSDAY at the MUSEUM

Jody Rockmaker: Composing and Drawing in the Listener

Thursday, 2/19; 7 p.m.

The Tempe History Museum hosts a free evening lecture series every Third Thursday in the fall and spring. This season's theme focuses on the Tempe music scene. Join the museum for a free cup of coffee and learn about the history and the impact of Tempe-based music. On February 19 learn how Jody Rockmaker, ASU School of Music, teaches composition students how to draw the listener into an engaging sound world, while choosing the most effective methods to communicate with the audience.

PERFORMANCES at the MUSEUM

An Evening of Old-Timey Music with the Red Chair Recordings Crowd

Friday, 2/20; 7 p.m.

The music of Red Chair Recordings is like biscuits & gravy for the ears. Its stepping into your favorite living room; where a camera, some guitars and quite a few beloved musical friends are savored and recorded. It's a modest approach to finding local musicians. At this concert, the musicians come out of the living room right onto our stage. Scheduled to appear are Jimmy Pines & Washboard Jere along with Mario Moreno and the Ramblers. As always, meet the musicians in a QnA session after this free concert.

PERFORMANCES at the MUSEUM

Tempe High School Orchestra Recital with Tetra

Friday, 2/27; 7 p.m.

As Ensemble-In-Residence at Tempe High School, the Tetra String Quartet introduces the art of studying chamber music to students from the schools' orchestra programs. Through a series of visits and coachings, students experience Tetra's C.A.M.P curriculum and learn the importance of Communication, Awareness, Musicianship, and Personal Responsibility. The culmination of their work will be presented in concert at the Tempe History Museum.

Tempe Historical Society Lunch Talks

Dr. Robert Kravetz: Arizona Territorial Medicine: Healer, Hucksters and Heroes

Wednesday, 3/11; 11:30 a.m.

Retired gastroenterologist, Robert Kravetz will trace Arizona's medical history from the pre-Civil War to statehood. Learn how doctors treated injuries of the day -- arrow wounds, amputations of lead shot and shattered bones and what instruments, herbs and patent medicines doctors carried in their saddlebags. Dr. Kravetz's presentation will include a display of period medical instruments.

PERFORMANCES at the MUSEUM

LOUD IV: An outdoor celebration of LOUD Bands and Food Trucks

Saturday, 3/14 from 5-8 p.m.

How did bands do outdoor concerts before PA systems? They used brass instruments. The Tempe History Museum with Classical Revolution PHX present a family-friendly event with LOUD brass music, bold flavors and arts and crafts. Join us on March 14 for LOUD IV, an evening outdoor concert featuring brass ensembles with delicious flavors from local food trucks. Free admission.

THIRD THURSDAY at the MUSEUM

Karin Enloe: Waylon Jennings: a Nashville Outlaw

Thursday, 3/19; 7 p.m.

The Tempe History Museum hosts a free evening lecture series every Third Thursday in the fall and spring. This season's theme focuses on the Tempe music scene. Join the museum for a free cup of coffee and learn about the history and the impact of Tempe-based music. On March 19, Karin Enloe, history professor at ASU, will talk about Waylon Jennings and how his career took off from Tempe, Arizona.

PERFORMANCES at the MUSEUM

Waylon Jennings Tribute with the Jeremy Manley and Crazy Arms

Friday, 3/20; 7 p.m.

Since 2005, Jeremy Manley has been bringing the finest moments of country music to Waylon Jennings' vast number of fans. For newcomers, he also provides the opportunity to see, feel and take in this special brand of country music in its purest form, LIVE. Jeremy Manley strives for his ultimate goal: keeping Waylon's music in front of live audiences around the world.

PERFORMANCES at the MUSEUM

The Walt Richardson Band

Saturday, 4/4; 7 p.m.

Walt started as a solo act playing at Mill Avenue Arts Festivals and in front of cafes where he had a little hat and people would throw change into it. Recently, with his belief music is a means of healing for humanity, he has reached out to the City of Tempe to create the "Songwriters Showcase" and "Walk In Wednesday" programs hosted at the Tempe Center for the Arts. These events give artists of any age or style of music a chance to be heard along with a place for the public to just sit and listen to music. His popularity in Arizona continues to grow with an overwhelming vote into the Arizona Music and Entertainment Hall of Fame. "I am a soul, living out and enjoying life as a songwriting, storytelling and performing musician."

Understanding the Teen Brain Workshop

Scientists have begun to grasp how distinctive the adolescent brain is and how crucial the years between ten and twenty-five are in terms of its development. We will focus on the "second opportunity to influence brain development". We will also explore characteristics known to influence normal, healthy teen brain development. Fee: None. 480-350-5802

43779 18yrs+ F 3/27 9:30 a.m.-Noon LMRB

Veterans Speak

The Veteran's History Project proudly presents an evening of veteran's stories. Service members who served from the 1940s through current day in all branches of the military will speak about their service to our country in both peacetime and wartime. No registration required. Fee: None. 480-350-5563

NO CODE 18 yrs+ Th 5/14 6:30-7:30 p.m. MUS

Activities for Adults (18+ Years)

Sports



Archery; Archery 101

Please see page 18 for complete description and class times.

Adult Sports Leagues

Organizational Meetings		
League	Location, Date, Time	Season Starts
Basketball	PAC; 4/7; 7 p.m.	May
Softball	PAC; 3/18; 7 p.m. <i>New Teams Only</i>	April
Soccer	N/A	April
Baseball	PAC; 2/11; 7 p.m.	April

Registration Dates Spring 2015		
League	Location, Date, Time	Season Starts
Basketball	LIB; 4/29; 8 a.m.	May
Softball	LIB; 4/7; 8 a.m.	April
Soccer	LIB; 4/8; 8 a.m.	April
Baseball	LIB; 3/4; 8 a.m.	April

Women's Basketball League

Registration for the team league starts on 8/3/2015 and must take place in person at Escalante Community Center. Registration will continue until the league is full. The league begins the week of 9/14/2015. Team Fee: \$300. For more information please contact Alex Jovanovic 480-350-5800.

Organizational Meeting	7/22	7 p.m.	ESCA
Registration Date	8/3	8 a.m.	ESCA

Basketball; Adult Open Gym Basketball

Come play indoors. Court will be available for open play. A registration form and state issued photo ID are required on the first visit. Fee: \$1. 480-350-5800

NO CODE 18 yrs+	T	Ongoing	6:30-9 p.m.	ESCA
NO CODE 18 yrs+	Th	Ongoing	7:30-9 p.m.	ESCA
NO CODE 18 yrs+	Su	Ongoing	3:30-6 p.m.	ESCA

Golf; Golf 101 - Beginner

Have you always wanted to learn how to play golf but have never made the time? Come learn the fundamentals of golf from a PGA professional. Students will learn the rules, proper etiquette of golf, stance, grip and swing technique. Participants are encouraged to bring their own clubs; clubs may also be borrowed from the instructor. Fee: \$50. 480-350-5200

43588	18 yrs+	Su	4/12-5/3	9-10 a.m.	KMGC
43589	18 yrs+	Su	5/10-5/31	9-10 a.m.	KMGC

Golf; Golf 102 - Intermediate

This class is designed for those who have already taken Golf 101, or need to dust-off their clubs and get back in the game. Class is taught by a PGA professional who will help you gain a better understanding of equipment, how to perfect your golf swing, as well as on-course management. Students are encouraged to bring their own clubs. Fee: \$50. 480-350-5200

43594	18 yrs+	T	4/7-4/28	4-5 p.m.	KMGC
43595	18 yrs+	T	5/5-5/26	4-5 p.m.	KMGC

Rock-Climbing; Rock-Climbing and Rappelling

Basic instruction of the fundamentals and techniques of rock-climbing, as well as knot-tying and methods of belaying. Class participants need to arrive 15 minutes prior to the start of class to be fitted for shoes, and to complete a waiver form. Fee: \$48. 480-350-5200

42291	16 yrs+	W	4/8-4/22	6:30-9:30 p.m.	ROC
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Volleyball; Drop-In

The Kiwanis Recreation Center offers coed drop-in volleyball for ages 16 yrs+. Teams are formed on-site; learn rules at sign-up. No play 4/5. Fee: \$4. 480-350-5201.

NO CODE	16 yrs+	Su	2/22-5/17	11 a.m.-2:30 p.m.	KRC
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Volleyball; League Information – Spring 2015

League Registration Dates

Resident Teams:	2/17-3/20
Non-Residents Teams:	2/19-3/21
League Dates (T/W):	3/31-5/13
Tournament Dates:	5/19-5/27

Women's A:	43032
Co-Rec B:	43033

Cost: \$305/team; no individual registration will be taken. For more information, visit our website at www.tempe.gov/kiwanis.

Volleyball; Open Gym

Bring your friends for a fun afterNoon of indoor volleyball. All levels of play are usually represented from beginner to advanced. A registration form and state issued photo ID are required on the first visit. Fee: \$1. 480-350-5800

NO CODE	16 yrs+	T/Th	Ongoing	7:30-9 p.m.	ESCA
NO CODE	16 yrs+	Su	Ongoing	1-4 p.m.	ESCA

For upcoming events in Tempe, visit: www.Tempe.gov/FamilyActivities